



I CROSS JASTROWSKI - 10.72KM

B4SPORT
INTELEKTUALNE SĄDOWE SPORTOWE

Organizator:

Data:

Miejsce:

Dystans:

Urząd Gminy i Miasta w Jastrowiu

2016-04-16

Jastrowie

10.72 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5.36km	10.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
1	WIRKUS Łukasz	89	TALEX	M-18	1	00:00:25	00:15:38	00:17:34	00:34:25	00:36:58.95	00:37:24.55		3:26	17.4 (100%)
2	SZYMAŃSKI Sylwester	485	TEAM BIEGOWY SZCZECINEK - ULKS BARWICE	M-40	1	00:00:15	00:17:53	00:19:16	00:37:10	00:38:22.45	00:38:37.90	+00:01:23 (3.6%)	3:34	16.8 (96.6%)
3	HOFFMAN Aleksander	428	PRECON POLSKA-JASTROWIE	M-40	2	00:00:16	00:17:52	00:19:17	00:37:08	00:38:22.90	00:38:39.15	+00:01:23 (3.6%)	3:34	16.8 (96.6%)
4	DZIUBA Piotr	417	MARATOŃCZYK OKONEK	M-30	1	00:00:15	00:17:27	00:18:55	00:37:45	00:39:15.65	00:39:31.30	+00:02:16 (5.8%)	3:39	16.4 (94.3%)
5	RADTKA Tomasz	473	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-40	3	00:00:16	00:18:43	00:20:11	00:39:08	00:40:37.60	00:40:54.00	+00:03:38 (9.0%)	3:47	15.8 (90.8%)
6	ŁAWECKI Darek	448	WWW.LAWECCY.PL	M-30	2	00:00:16	00:19:15	00:20:46	00:40:20	00:41:47.30	00:42:03.35	+00:04:48 (11.5%)	3:53	15.4 (88.5%)
7	DORUSZYŃSKI Grzegorz	459		M-30	3	00:00:15	00:19:16	00:20:50	00:41:08	00:42:47.25	00:43:02.70	+00:05:48 (13.6%)	3:59	15 (86.2%)
8	RADTKA Artur	474	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-40	4	00:00:16	00:19:55	00:21:30	00:41:38	00:43:08.10	00:43:24.10	+00:06:09 (14.3%)	4:01	14.9 (85.6%)
9	KĘPKA Adrian	398		M-18	2	00:00:17	00:19:24	00:21:02	00:41:39	00:43:10.50	00:43:28.10	+00:06:11 (14.3%)	4:01	14.9 (85.6%)
10	KUŁAKOWSKI Artur	444	FLORIAN	M-30	4	00:00:20	00:20:07	00:21:43	00:41:52	00:43:22.05	00:43:42.70	+00:06:23 (14.7%)	4:02	14.8 (85.1%)
11	NOWACKI Piotr	520		M-18	3	00:00:17	00:20:08	00:21:44	00:42:15	00:43:45.85	00:44:03.75	+00:06:46 (15.5%)	4:04	14.7 (84.5%)
12	USTIANOWSKI Wojciech	493	JW1223	M-18	4	00:00:17	00:20:13	00:21:45	00:42:44	00:44:04.50	00:44:22.40	+00:07:05 (16.1%)	4:06	14.6 (83.9%)
13	MAJEWSKI Artur	451	RUNMORS KALISZ POMORSKI/NADLEŚNICTWO MIROSŁAWIEC	M-30	5	00:00:16	00:20:21	00:21:58	00:42:34	00:44:06.20	00:44:22.30	+00:07:07 (16.1%)	4:06	14.6 (83.9%)
14	GAŁAN Leszek	420		M-50	1	00:00:17	00:20:28	00:22:09	00:43:16	00:44:55.50	00:45:12.90	+00:07:56 (17.7%)	4:11	14.3 (82.2%)
15	SZYMCZAK Arkadiusz	487	SYSTEM 11 WAŁCZ	M-18	5	00:00:16	00:20:18	00:21:58	00:43:46	00:45:21.00	00:45:37.05	+00:08:22 (18.5%)	4:13	14.2 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	5.36km	10.36km	10.72km	10.72km			
16	KUBIAK Piotr	443	PRECON POLSKA-JASTROWIE	M-30	6	00:00:17	00:20:41	00:22:18	00:43:53	00:45:28.10	00:45:45.45	+00:08:29 (18.7%)	4:14	14.1 (81.0%)
17	KRAUSE Robert	440	PRECON POLSKA-JASTROWIE	M-40	5	00:00:17	00:20:41	00:22:18	00:44:28	00:46:00.70	00:46:17.95	+00:09:01 (19.6%)	4:17	14 (80.5%)
18	SARNOWSKI Janusz	480		M-40	6	00:00:17	00:20:50	00:22:33	00:44:26	00:46:01.55	00:46:18.55	+00:09:02 (19.6%)	4:17	14 (80.5%)
19	MATUSIK Janusz	454	NIEZRZESZONY/TUCZNO	M-60	1	00:00:18	00:20:56	00:22:39	00:44:26	00:46:12.35	00:46:30.55	+00:09:13 (20.0%)	4:18	13.9 (79.9%)
20	DZIADCZYK Krzysztof	414	FLORIAN CHOJNICE	M-50	2	00:00:18	00:21:05	00:22:48	00:44:43	00:46:25.45	00:46:44.25	+00:09:26 (20.3%)	4:19	13.9 (79.9%)
21	FRĄCZYK Bogdan	507		M-30	7	00:00:21	00:21:33	00:23:13	00:44:57	00:46:28.95	00:46:50.40	+00:09:30 (20.4%)	4:20	13.8 (79.3%)
22	PIKULIK Jarek	466	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-18	6	00:00:17	00:21:42	00:23:25	00:45:05	00:46:35.80	00:46:53.10	+00:09:36 (20.6%)	4:20	13.8 (79.3%)
23	BRĄCZYK Krzysztof	404	TKKF WODNIK WIĘCIBORK	M-40	7	00:00:16	00:21:18	00:23:04	00:45:05	00:46:45.25	00:47:01.50	+00:09:46 (20.9%)	4:21	13.8 (79.3%)
24	GAŃSKA Magdalena	421	MKS FIGHTER	K-40	1	00:00:16	00:21:18	00:23:03	00:45:25	00:47:07.85	00:47:24.30	+00:10:08 (21.5%)	4:23	13.6 (78.2%)
25	GARBAREK Artur	422	JW 2117 KOŁOBRZEG	M-18	7	00:00:19	00:21:41	00:23:27	00:45:35	00:47:08.45	00:47:27.95	+00:10:09 (21.5%)	4:23	13.6 (78.2%)
26	KOPER Adam	505		M-30	8	00:00:17	00:21:51	00:23:39	00:46:06	00:47:52.45	00:48:09.85	+00:10:53 (22.8%)	4:27	13.4 (77.0%)
27	ŁOŻYŃSKI Jacek	504	FLORIAN	M-40	8	00:00:19	00:21:18	00:23:07	00:46:22	00:48:06.00	00:48:25.20	+00:11:07 (23.1%)	4:29	13.4 (77.0%)
28	SULIK Krzysztof	399		M-30	9	00:00:16	00:21:43	00:23:29	00:46:54	00:48:36.15	00:48:52.50	+00:11:37 (23.9%)	4:32	13.2 (75.9%)
29	PODKOWA Piotr	503	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	9	00:00:19	00:21:19	00:23:08	00:47:06	00:48:50.75	00:49:09.95	+00:11:51 (24.3%)	4:33	13.2 (75.9%)
30	CHOŁUJ Jarosław	409	ROZBIEGANY KOSZALIN	M-40	10	00:00:22	00:22:40	00:24:25	00:47:13	00:48:59.75	00:49:21.95	+00:12:00 (24.5%)	4:34	13.1 (75.3%)
31	GRZONKA Kamila	427	FLORIAN CHOJNICE	K-30	1	00:00:16	00:22:14	00:24:03	00:47:29	00:49:14.85	00:49:31.60	+00:12:15 (24.9%)	4:35	13.1 (75.3%)
32	JAROSZ Jakub	434	TKKF KOSZALIN	M-18	8	00:00:19	00:23:00	00:24:46	00:48:05	00:49:47.30	00:50:07.20	+00:12:48 (25.7%)	4:38	12.9 (74.1%)
33	SZYMCZAK Krzysztof	488	SYSTEM 11 WAŁCZ	M-50	3	00:00:16	00:22:30	00:24:22	00:48:15	00:49:59.30	00:50:16.05	+00:13:00 (26.0%)	4:39	12.9 (74.1%)
34	CHUDZIK Piotr	410		M-40	11	00:00:20	00:22:58	00:24:51	00:48:19	00:50:06.45	00:50:27.40	+00:13:07 (26.2%)	4:40	12.8 (73.6%)
35	CIOZDA Mariusz	411		M-40	12	00:00:19	00:22:28	00:24:18	00:48:25	00:50:10.15	00:50:29.35	+00:13:11 (26.3%)	4:40	12.8 (73.6%)
36	ROGALSKI Roberto	477	TKKF KOSZALIN	M-30	10	00:00:19	00:22:32	00:24:27	00:48:23	00:50:11.55	00:50:31.45	+00:13:12 (26.3%)	4:40	12.8 (73.6%)
37	MAŃKOWSKI Dariusz	486		M-50	4	00:00:16	00:23:10	00:25:01	00:48:48	00:50:30.65	00:50:46.65	+00:13:31 (26.8%)	4:42	12.7 (73.0%)
38	JAROSZ Dariusz	433	TKKF KOSZALIN	M-40	13	00:00:20	00:22:45	00:24:38	00:48:45	00:50:30.70	00:50:51.25	+00:13:31 (26.8%)	4:42	12.7 (73.0%)
39	WALENDZIAK Alicja	496	VALDANO TEAM	K-30	2	00:00:18	00:23:18	00:25:13	00:48:55	00:50:44.05	00:51:02.25	+00:13:45 (27.1%)	4:43	12.7 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	5.36km	10.36km	10.72km	10.72km			
40	RUDNIK Jerzy	478	FLORIAN	M-60	2	00:00:17	00:23:14	00:25:09	00:49:11	00:51:03.00	00:51:20.40	+00:14:04 (27.6%)	4:45	12.6 (72.4%)
41	ZIELIŃSKI Adam	501		M-30	11	00:00:18	00:23:43	00:25:44	00:49:20	00:51:09.40	00:51:27.60	+00:14:10 (27.7%)	4:46	12.6 (72.4%)
42	OCHNIO Ryszard	460	POLONIA JASTROWIE PRECON POLSKA JASTROWIE	M-40	14	00:00:16	00:22:27	00:24:19	00:49:29	00:51:24.30	00:51:41.25	+00:14:25 (28.1%)	4:47	12.5 (71.8%)
43	LEWANDOWSKI Grzegorz	511	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	15	00:00:20	00:23:21	00:25:18	00:49:29	00:51:25.35	00:51:45.55	+00:14:26 (28.1%)	4:47	12.5 (71.8%)
44	KSZAK-KRZYŻANOWSKA Anna	442	SYSTEM 11 WAŁCZ	K-40	2	00:00:17	00:23:14	00:25:08	00:49:30	00:51:27.20	00:51:44.80	+00:14:28 (28.1%)	4:47	12.5 (71.8%)
45	SKOWYRSKI Janusz	481	TKKF KOSZALIN/ ROWERIA KOSZALIN	M-50	5	00:00:21	00:23:25	00:25:20	00:49:55	00:51:45.35	00:52:06.90	+00:14:46 (28.5%)	4:49	12.4 (71.3%)
46	DUDZIAK Piotr	413	BIEGNIJMY.PL	M-40	16	00:00:17	00:23:00	00:25:01	00:50:14	00:52:13.55	00:52:30.60	+00:15:14 (29.2%)	4:52	12.3 (70.7%)
47	WALENDZIAK Ryszard	495	22. BLT MALBORK	M-40	17	00:00:18	00:23:41	00:25:39	00:50:40	00:52:30.30	00:52:48.60	+00:15:31 (29.6%)	4:53	12.3 (70.7%)
48	JAKUBOWSKI Karol	432	2BZ	M-18	9	00:00:17	00:24:33	00:26:35	00:50:58	00:52:37.55	00:52:54.55	+00:15:38 (29.7%)	4:54	12.2 (70.1%)
49	PAWŁOWSKI Kamil	464	PRECON POLSKA-JASTROWIE	M-18	10	00:00:20	00:23:56	00:25:51	00:50:52	00:52:37.90	00:52:58.10	+00:15:38 (29.7%)	4:54	12.2 (70.1%)
50	ZIOMEK Darek	515	TKKF KOSZALIN	M-40	18	00:00:19	00:23:41	00:25:34	00:50:48	00:52:40.05	00:52:59.15	+00:15:41 (29.8%)	4:54	12.2 (70.1%)
51	NOWAK Piotr	458	CZARNE BIEGA	M-30	12	00:00:26	00:23:06	00:25:01	00:50:42	00:52:42.05	00:53:08.70	+00:15:43 (29.8%)	4:54	12.2 (70.1%)
52	WIELGUS Paweł	498	OKONEK	M-30	13	00:00:18	00:23:59	00:25:54	00:51:07	00:53:01.75	00:53:20.55	+00:16:02 (30.3%)	4:56	12.1 (69.5%)
53	NIEMCZEWSKA Angelika	519	ZLS JEDNOŚĆ	K-30	3	00:00:26	00:25:16	00:27:13	00:51:30	00:53:10.20	00:53:37.10	+00:16:11 (30.4%)	4:57	12.1 (69.5%)
54	SZABLA Ewelina	482	MTS HAMER MIASTKO	K-30	4	00:00:21	00:24:11	00:26:09	00:51:14	00:53:10.80	00:53:32.75	+00:16:11 (30.5%)	4:57	12.1 (69.5%)
55	ZIOMEK Joanna	516	TKKF KOSZALIN	K-40	3	00:00:19	00:24:08	00:26:06	00:51:34	00:53:32.20	00:53:51.30	+00:16:33 (30.9%)	4:59	12 (69.0%)
56	KOWALSKI Zbigniew	517	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-50	6	00:00:19	00:24:03	00:26:01	00:51:56	00:53:50.15	00:54:09.95	+00:16:51 (31.3%)	5:01	11.9 (68.4%)
57	SOBAŃSKA Anna	400	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	K-30	5	00:00:20	00:24:39	00:26:39	00:52:19	00:54:17.15	00:54:37.50	+00:17:18 (31.9%)	5:03	11.8 (67.8%)
58	WÓJCIK Wiesław	500	KPP CZŁUCHÓW	M-40	19	00:00:21	00:25:16	00:27:16	00:52:35	00:54:28.75	00:54:50.60	+00:17:29 (32.1%)	5:04	11.8 (67.8%)
59	JABŁOŃSKI Andrzej	431		M-40	20	00:00:26	00:24:01	00:26:02	00:52:36	00:54:39.70	00:55:06.30	+00:17:40 (32.3%)	5:05	11.8 (67.8%)
60	WICHA Rafał	497	PRECON POLSKA-JASTROWIE	M-30	14	00:00:21	00:24:13	00:26:15	00:52:47	00:54:49.10	00:55:10.35	+00:17:50 (32.5%)	5:06	11.7 (67.2%)
61	GWIZDAŁA Mariusz	397		M-30	15	00:00:28	00:24:49	00:26:52	00:53:00	00:54:49.80	00:55:18.40	+00:17:50 (32.6%)	5:06	11.7 (67.2%)
62	POŁUJAŃSKI Sebastian	470	OD AMATORA DO HARDCORA	M-30	16	00:00:16	00:25:15	00:27:12	00:53:07	00:54:52.05	00:55:08.50	+00:17:53 (32.6%)	5:07	11.7 (67.2%)
63	PIECHOWSKA-CIOZDA Emilia	465		K-30	6	00:00:22	00:24:52	00:26:57	00:52:51	00:54:52.50	00:55:14.50	+00:17:53 (32.6%)	5:07	11.7 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	5.36km	10.36km	10.72km	10.72km			
64	GUGAŁKA Jacek	512		M-30	17	00:00:27	00:25:08	00:27:09	00:52:58	00:54:52.90	00:55:20.70	+00:17:53 (32.6%)	5:07	11.7 (67.2%)
65	KOZŁOWIECKI Waldemar	513	TKKF KOSZALIN	M-60	3	00:00:27	00:25:46	00:27:53	00:53:15	00:55:14.60	00:55:41.80	+00:18:15 (33.1%)	5:09	11.6 (66.7%)
66	TOWSTOKORY Marek	491		M-40	21	00:00:29	00:25:50	00:27:56	00:53:22	00:55:20.50	00:55:49.60	+00:18:21 (33.2%)	5:09	11.6 (66.7%)
67	GRZEBYTA Adam	425	KPP PIŁA	M-30	18	00:00:17	00:24:55	00:26:54	00:53:29	00:55:21.90	00:55:38.90	+00:18:22 (33.2%)	5:09	11.6 (66.7%)
68	PAECH Ziemowit	462	TRI4FUN ZŁOTÓW	M-50	7	00:00:23	00:25:10	00:27:09	00:53:30	00:55:34.95	00:55:58.15	+00:18:36 (33.5%)	5:11	11.6 (66.7%)
69	PYREK Krzysztof	472	2 BZ	M-30	19	00:00:21	00:25:15	00:27:17	00:53:39	00:55:44.25	00:56:05.35	+00:18:45 (33.6%)	5:11	11.5 (66.1%)
70	MROCZKOWSKI Piotr	455	JW1223/ROZBIEGANY KOSZALIN	M-18	11	00:00:37	00:25:36	00:27:33	00:54:00	00:55:45.85	00:56:23.20	+00:18:46 (33.7%)	5:12	11.5 (66.1%)
71	GWIAZDA Mariusz	393		M-40	22	00:00:26	00:25:49	00:27:55	00:54:21	00:56:12.05	00:56:39.00	+00:19:13 (34.2%)	5:14	11.4 (65.5%)
72	JANUSZEWSKI Jacek	518	17WOG KOSZALIN	M-50	8	00:00:22	00:24:49	00:26:56	00:54:15	00:56:18.20	00:56:40.80	+00:19:19 (34.3%)	5:15	11.4 (65.5%)
73	REK Justyna	476		K-18	1	00:00:20	00:25:54	00:28:01	00:54:27	00:56:25.25	00:56:45.30	+00:19:26 (34.5%)	5:15	11.4 (65.5%)
74	RATAJCZYK Robert	475		M-18	12	00:00:23	00:26:49	00:29:15	00:54:41	00:56:26.40	00:56:49.60	+00:19:27 (34.5%)	5:15	11.4 (65.5%)
75	OSOBNIAK Ryszard	461	ROZBIEGANY KOSZALIN	M-60	4	00:00:22	00:25:40	00:27:44	00:54:28	00:56:29.00	00:56:51.00	+00:19:30 (34.5%)	5:16	11.4 (65.5%)
76	KUPREWICZ Grzegorz	445	ROZBIEGANY KOSZALIN	M-30	20	00:00:30	00:25:43	00:27:51	00:54:43	00:56:37.10	00:57:08.00	+00:19:38 (34.7%)	5:16	11.4 (65.5%)
77	RASZPLA Radosław	514		M-40	23	00:00:20	00:24:46	00:26:48	00:54:35	00:56:37.80	00:56:58.65	+00:19:38 (34.7%)	5:16	11.4 (65.5%)
78	BUDZIŃSKI Dariusz	406		M-40	24	00:00:23	00:26:48	00:28:56	00:54:54	00:56:51.55	00:57:15.15	+00:19:52 (35.0%)	5:18	11.3 (64.9%)
79	RUSIAK Damian	479	JW 1223	M-18	13	00:00:29	00:25:39	00:27:42	00:55:37	00:57:45.40	00:58:15.10	+00:20:46 (36.0%)	5:23	11.1 (63.8%)
80	LATOS Piotr	446	PRECON POLSKA-JASTROWIE	M-50	9	00:00:27	00:27:03	00:29:14	00:56:09	00:57:54.80	00:58:22.40	+00:20:55 (36.1%)	5:24	11.1 (63.8%)
81	GAŁAN Joanna	419		K-50	1	00:00:20	00:27:04	00:29:17	00:56:10	00:58:16.15	00:58:36.25	+00:21:17 (36.5%)	5:26	11 (63.2%)
82	SZPILER Krzysztof	483	JW 1223	M-18	14	00:00:35	00:25:38	00:27:37	00:56:35	00:58:28.65	00:59:04.30	+00:21:29 (36.8%)	5:27	11 (63.2%)
83	CZECHOWSKI Grzegorz	412	JAHSTROWIE TEAM :)	M-30	21	00:00:18	00:26:01	00:28:04	00:56:33	00:58:39.55	00:58:58.05	+00:21:40 (37.0%)	5:28	11 (63.2%)
84	FRANASZEK Ewa	418	SYSTEM 11 WAŁCZ	K-40	4	00:00:25	00:27:25	00:29:33	00:56:56	00:59:07.25	00:59:33.10	+00:22:08 (37.4%)	5:30	10.9 (62.6%)
85	KLUPŚ Janusz	438		M-40	25	00:00:26	00:27:10	00:29:22	00:57:12	00:59:12.85	00:59:39.05	+00:22:13 (37.5%)	5:31	10.9 (62.6%)
86	KLUPŚ Monika	437		K-40	5	00:00:24	00:27:11	00:29:23	00:57:15	00:59:15.15	00:59:39.90	+00:22:16 (37.6%)	5:31	10.9 (62.6%)
87	MAŃKOWSKA Janina	453	-	K-50	2	00:00:21	00:27:09	00:29:22	00:57:08	00:59:16.35	00:59:37.60	+00:22:17 (37.6%)	5:31	10.9 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	5.36km	10.36km	10.72km	10.72km			
88	ANDRUSZKIEWICZ Grzegorz	402	PARKRUN SZCZECINEK	M-30	22	00:00:27	00:27:29	00:29:44	00:57:29	00:59:22.50	00:59:49.75	+00:22:23 (37.7%)	5:32	10.8 (62.1%)
89	TROJANOWSKI Zbigniew	492	SBZZ	M-40	26	00:00:22	00:26:29	00:28:45	00:57:32	00:59:36.00	00:59:58.80	+00:22:37 (37.9%)	5:33	10.8 (62.1%)
90	MAŁASZKO Michał	452		M-30	23	00:00:28	00:27:03	00:29:20	00:57:30	00:59:39.35	01:00:07.40	+00:22:40 (38.0%)	5:33	10.8 (62.1%)
91	KRÓLIKOWSKI Andrzej	441		M-50	10	00:00:23	00:26:33	00:28:50	00:57:42	00:59:50.80	01:00:14.60	+00:22:51 (38.2%)	5:34	10.7 (61.5%)
92	JANKOWSKA Monika	521	FOLLOW ME SZCZECINEK	K-18	2	00:00:26	00:27:38	00:29:52	00:58:16	01:00:15.30	01:00:41.65	+00:23:16 (38.6%)	5:37	10.7 (61.5%)
93	SZUŁOWSKA Anna	484		K-18	3	00:00:24	00:27:56	00:30:11	00:58:17	01:00:18.35	01:00:43.05	+00:23:19 (38.7%)	5:37	10.7 (61.5%)
94	JUSZCZAK Krzysztof	435		M-60	5	00:00:26	00:27:31	00:29:51	00:58:19	01:00:30.70	01:00:56.70	+00:23:31 (38.9%)	5:38	10.6 (60.9%)
95	PIKULIK Agnieszka	468		K-18	4	00:00:26	00:27:51	00:30:07	00:58:36	01:00:40.65	01:01:07.25	+00:23:41 (39.1%)	5:39	10.6 (60.9%)
96	GRZEBYTA Zdzisława	426	KPP PIŁA	K-40	6	00:00:20	00:27:36	00:29:50	00:58:54	01:01:05.90	01:01:26.45	+00:24:06 (39.5%)	5:41	10.5 (60.3%)
97	WALENCZAK Aldona	494	EVIL DEJF TEAM	K-30	7	00:00:28	00:27:29	00:29:43	00:59:13	01:01:10.70	01:01:39.00	+00:24:11 (39.5%)	5:42	10.5 (60.3%)
98	TAMŁOWSKA Anna	490		K-30	8	00:00:24	00:27:55	00:30:12	00:59:07	01:01:12.45	01:01:37.15	+00:24:13 (39.6%)	5:42	10.5 (60.3%)
99	ANDRUSZEWSKA Magdalena	401		K-30	9	00:00:24	00:27:55	00:30:11	00:59:09	01:01:15.85	01:01:40.50	+00:24:16 (39.6%)	5:42	10.5 (60.3%)
100	PLECETY Andrzej	469	PRECON POLSKA-JASTROWIE	M-50	11	00:00:27	00:27:21	00:29:34	00:59:14	01:01:28.40	01:01:56.20	+00:24:29 (39.8%)	5:44	10.5 (60.3%)
101	DZIEWIATOWSKA Agnieszka	416		K-40	7	00:00:18	00:26:54	00:29:18	00:59:10	01:01:30.55	01:01:49.35	+00:24:31 (39.9%)	5:44	10.5 (60.3%)
102	GAWLIK Artur	423	BIEGNIJMY.PL	M-30	24	00:00:32	00:27:51	00:30:06	00:59:31	01:01:32.00	01:02:04.65	+00:24:33 (39.9%)	5:44	10.5 (60.3%)
103	PYDYN Regina	471	SBZZ ZŁOTÓW	K-50	3	00:00:21	00:27:10	00:29:28	00:59:23	01:01:42.65	01:02:03.90	+00:24:43 (40.1%)	5:45	10.4 (59.8%)
104	HRYCIÓW Paweł	429	JW 1223	M-30	25	00:00:29	00:26:55	00:29:19	00:59:36	01:01:54.70	01:02:24.00	+00:24:55 (40.3%)	5:46	10.4 (59.8%)
105	DZIEMIAŃCZYK Urszula	415		K-18	5	00:00:24	00:27:56	00:30:12	01:00:09	01:02:21.40	01:02:46.35	+00:25:22 (40.7%)	5:49	10.3 (59.2%)
106	GORGOL Piotr	424	JW 1223	M-30	26	00:00:21	00:28:21	00:30:37	01:00:31	01:02:32.65	01:02:54.50	+00:25:33 (40.9%)	5:50	10.3 (59.2%)
107	WIERZBICKI Kacper	499		M-18	15	00:00:22	00:28:20	00:30:35	01:00:30	01:02:32.95	01:02:55.45	+00:25:34 (40.9%)	5:50	10.3 (59.2%)
108	HAMERSKI Mateusz	508		M-30	27	00:00:22	00:27:24	00:29:41	01:00:47	01:02:55.60	01:03:18.20	+00:25:56 (41.2%)	5:52	10.2 (58.6%)
109	MYCZEK Ewa	456	SYSTEM 11 WAŁCZ	K-40	8	00:00:25	00:29:50	00:32:11	01:02:23	01:04:36.80	01:05:02.35	+00:27:37 (42.8%)	6:01	10 (57.5%)
110	SZULTKA Szymon	506	POLONIA JASTROWIE PRECON POLSKA JASTROWIE	M-30	28	00:00:22	00:31:45	00:34:01	01:02:50	01:04:40.15	01:05:02.35	+00:27:41 (42.8%)	6:01	9.9 (56.9%)
111	BRĄCZYK Ewa	405	TKKF WODNIK WIĘCIBORK	K-40	9	00:00:25	00:31:21	00:33:50	01:05:08	01:07:10.95	01:07:36.25	+00:30:12 (45.0%)	6:16	9.6 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5.36km	10.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
112	PAWŁOWSKA Anna	463		K-40	10	00:00:24	00:30:05	00:32:36	01:04:59	01:07:21.35	01:07:45.85	+00:30:22 (45.1%)	6:16	9.6 (55.2%)
113	SZYMCZAK Anna	489	SYSTEM 11 WAŁCZ	K-40	11	00:00:26	00:30:48	00:33:22	01:06:22	01:08:44.40	01:09:10.40	+00:31:45 (46.2%)	6:24	9.4 (54.0%)
114	KIPER Jarosław	436	JW1223	M-40	27	00:00:27	00:30:47	00:33:14	01:06:21	01:08:56.30	01:09:23.70	+00:31:57 (46.4%)	6:25	9.3 (53.4%)
115	CHMURA Dawid	408	EVIL DEJF TEAM	M-18	16	00:00:29	00:32:47	00:35:15	01:07:22	01:09:46.95	01:10:16.60	+00:32:48 (47.0%)	6:30	9.2 (52.9%)
116	IWAŃSKI Piotr	509		M-30	29	00:00:22	00:33:35	00:36:05				+00:18:31	6:43	8.9 (51.1%)

Znaleziono 116 wynik(ów)